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# the snack jar plan





UNITED STATES  
DEPARTMENT OF AGRICULTURE  
LIBRARY

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FOR ONCE THE THING YOU LIKE TO DO

Three o'clock is

snack jar time

-with PEANUTS!

**Granny didn't know how right she was!** Remember how she stood up for you when you were caught sneaking a cookie after school? She even used to slip you one herself. And now the experts have come over to Granny's side! They've discovered Junior's growing so fast he grows straight out of his food by 3 o'clock. It's practically a crime *not* to give him that extra little meal.

**Want to be an up-to-date Mom?** Okay. Let Junior have his own private Snack Jar! Here's why the Snack Jar Plan is both a fun-way and a fine way to give your youngster his after-school feeding.

1. Junior has all the thrill of a daily treasure hunt. He's free from kitchen supervision and you're free —to do another job!
2. Junior gets his little "extra meal" at the right time everyday, you do away with icebox raiding.
3. Junior will enjoy even a raw carrot out of His Own Snack Jar, you know that he's getting the kind of food he ought to have. And here's where the powerful peanut comes in. [Turn the page]



**TURNS OUT TO BE WHAT'S GOOD FOR YOU**



**Meet the powerful peanut.** The familiar little peanut is no longer just "circus" food. The experts have discovered it is a *highly nutritious* vegetable with as much protein value as beefsteak. The peanut is also a swell source of Vitamin B Complex and contains lots of calcium and iron, too. Today the U. S. Department of Agriculture lists peanuts and peanut butter in group 5 of the 7 *Basic Foods*! Peanuts are a real good-to-eat treat—and amazingly nutritious, too! You really can't do better, Mother, than to include peanut goodies in Junior's Snack Jar.

## 4 fun ways to decorate a snack jar

● It's more fun than trimming a Christmas tree to trick up your youngster's Snack Jar so handsomely he'll practically burst with pride and joy. And it's a good idea to encourage your child to help. Here are a few easy practical trim-tips.

### FOR STAMP COLLECTORS

Here's a swell way to use duplicate stamps! Paint a tin canister a favorite color. Let dry, then paste on the duplicate stamps. It's amazing how gay and colorful this Snack Jar can be—and it's lots of fun for the small fry, too.



### WALLPAPER FUN

Wallpaper—almost any design—converts an old canister into a very special Snack Jar. Cut the wallpaper to fit and apply with library paste. A coat of shellac over the wallpaper will discourage finger-prints. Paint the lid to match the predominating color in the wallpaper design, and when dry, write the child's name in a contrasting color across it.



### WARNING!

Parents: Keep out of Junior's Snack Jar. You can have one of your own.

**How to pack a Snack Jar for Fun.** Vary it. One day crunchy peanut cookies; the next, a peanut butter and jelly sandwich. You can add an apple or a pear, a few dried prunes—whatever fruit is handy. For extra-special good behavior put in a surprise paper of salted peanuts or a peanut candy bar. A good thing to remember is . . . the peanuts help to balance the sweet. And here's another tip. If you want your youngster to drink more milk leave a note for him in the jar. *But let him forage for himself in his own snack jar.* Make it fun! He'll get a great kick out of it!

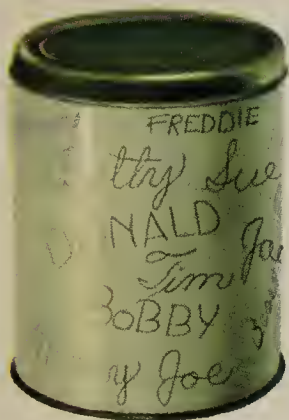


#### FOR COMIC STRIP FANS

Here's a happy thought for the Comic Strip Set. Paint a canister any gay color. Then let your youngster cut out his favorite comic strip characters and paste them on the Snack Jar. Spread a thin coating of shellac over the entire surface and let dry. It's a cinch to do . . . and the result is little less than sensational!

#### AUTOGRAPHS OR DECALCOMANIAS

"Autographing the Snack Jar" will wow the neighborhood. All you do is cover a tin canister with strong white paper (just apply with library paste)—place a medium hard-lead pencil nearby—and leave the rest up to the kiddies. They'll "sign up" like a flash . . . and have a lot of fun doing it, too! Or if you prefer a less co-operative design, don't forget those gay decalcomanias. They're inexpensive—easy as A-B-C to apply—and mighty attractive, too.



Flip page for World's Best Peanut Recipes









## PEANUT MACAROONS

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| $\frac{1}{4}$ cup shortening       | 1 cup finely chopped salted or        |
| $\frac{1}{2}$ cup sugar            | roasted peanuts                       |
| 1 egg, well beaten                 | $\frac{1}{2}$ teaspoon almond extract |
| 3 cups ready-to-serve flake cereal |                                       |

Cream shortening. Add sugar gradually. Beat in egg, and add peanuts, extract and cereal. Mix thoroughly. Press mixture into rounded bowl of tablespoon. Drop on greased baking sheet 2 inches apart. Bake in moderate oven of 375° F. for 12 to 15 minutes, or until well browned. Makes about 3 dozen cookies.

## PEANUT SUGAR SNAPS

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| $\frac{1}{2}$ cup shortening        | $1\frac{3}{4}$ cups sifted all-      |
| $\frac{1}{4}$ cup peanut butter     | purpose flour                        |
| 1 cup sugar                         | $\frac{1}{2}$ teaspoon baking powder |
| 2 eggs, well beaten                 | $\frac{1}{2}$ teaspoon salt          |
| $\frac{2}{3}$ cup chopped salted or | 1 teaspoon vanilla extract           |
| roasted peanuts                     |                                      |

Cream shortening and peanut butter. Add sugar gradually. Beat in eggs. Add peanuts and extract. Sift together flour, baking powder and salt. Stir into first mixture. Shape in 1-inch balls and place on greased cookie sheet. Press flat with bottom of small water glass covered with a piece of damp cheese cloth. Bake in moderately hot oven of 375° F. for 10 to 12 minutes. Makes about 5 dozen cookies.

"The rapidly growing child may need more food than he can get at three meals. It is best to make regular provision for a small extra meal such as an after-school lunch."

U. S. Children's Bureau









## PEANUT BUTTER PINWHEELS

½ cup shortening  
½ cup peanut butter  
½ cup brown sugar,  
firmly packed  
¼ cup corn syrup

1 egg, slightly beaten  
1 cup sifted all-  
purpose flour  
½ teaspoon baking soda  
½ teaspoon salt

Cream shortening and peanut butter. Add sugar and corn syrup, creaming until thoroughly blended. Beat in egg. Sift together flour, soda and salt and stir into first mixture. Chill for 2 hours. Then shape into 1 inch balls. Place balls on greased or oiled cookie sheet and press each flat with a fork dipped in cold water. Bake in moderate oven of 375° F. for 10 minutes, or until cookies are brown and done. Makes about 4 dozen cookies.

## PEANUT BUTTER BROWNIES

¼ cup shortening  
¼ cup peanut butter  
¾ cup sugar  
2 eggs, beaten  
2 squares (2 oz.) unsweetened  
chocolate, melted

½ cup sifted all-purpose flour  
¼ teaspoon baking powder  
½ teaspoon salt  
1 teaspoon vanilla extract  
¾ cup chopped salted or  
roasted peanuts

Cream shortening and peanut butter. Add sugar gradually. Beat in eggs and chocolate. Add peanuts and extract. Sift together flour, baking powder and salt. Stir into first mixture. Bake in greased 8 inch square pan for 20 to 25 minutes in moderate oven of 350° F. Cut in any desired shape.

"The mother who plans wisely can  
make afternoon snack time more  
than just a 'filler-upper'."  
Hygeia Health Magazine









## PEANUT BRITTLE CRISPS

½ cup shortening  
⅔ cup sugar  
2 eggs, well beaten  
1¾ cups sifted all-  
purpose flour  
1 teaspoon baking powder

½ teaspoon salt  
¼ teaspoon allspice  
½ teaspoon cinnamon  
¼ cup milk  
1 cup finely chopped  
peanut brittle

Cream shortening, add sugar gradually. Beat in eggs. Sift together flour, baking powder, salt, allspice and cinnamon. Add alternately with milk to first mixture. Stir in peanut candies. Drop by heaping teaspoon on greased cookie sheet. Flatten slightly with spatula. Bake in 375° F. oven for 10 minutes or until cookies are golden brown. Makes 3 dozen cookies.

## PEANUT CHOCOLATE CHIPS or PEANUT CHOCS

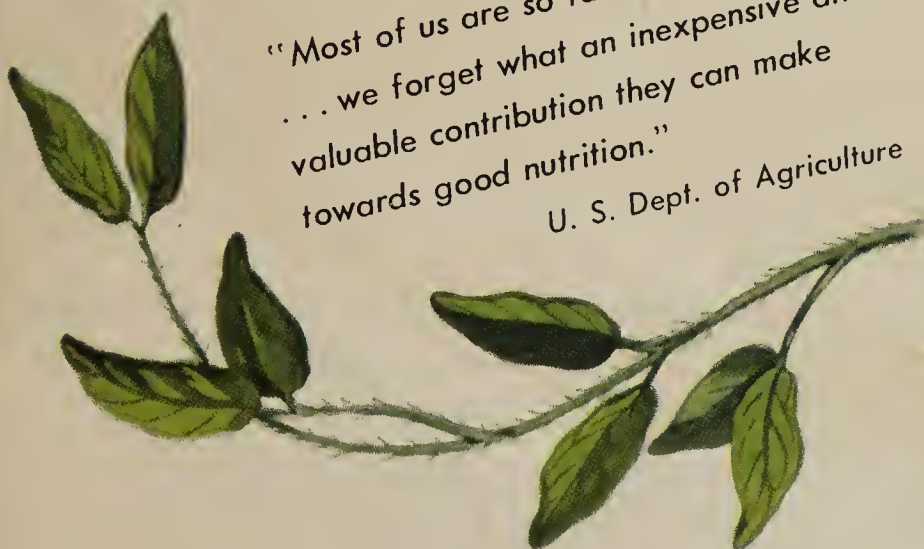
1 cup shortening  
1 cup sugar  
2 eggs, beaten  
2¼ cups sifted flour

1 teaspoon salt  
1 teaspoon baking powder  
1 teaspoon vanilla extract  
1½ cups finely chopped  
chocolate peanut confections

Cream shortening. Add sugar gradually. Beat in eggs. Add extract. Sift together flour, salt and baking powder and stir into first mixture. Add peanut confections and stir in thoroughly. Drop by rounded teaspoonfuls on greased cookie sheet. Bake in moderately hot oven of 350° F. for 10 to 12 minutes, or until cookies are golden brown. Makes about 5 dozen cookies.

**Note:** ½ cup chopped salted or roasted peanuts may be added to the recipe if desired.

"Most of us are so familiar with peanuts  
... we forget what an inexpensive and  
valuable contribution they can make  
towards good nutrition."  
U. S. Dept. of Agriculture









# Most popular Peanut Butter Sandwiches

## PEANUT BUTTER AND CHILI SAUCE

Blend  $\frac{1}{4}$  cup peanut butter with 2 tablespoons chili sauce, 2 tablespoons milk, and a generous sprinkling of salt. Makes 3 full-sized sandwiches.

## PEANUT BUTTER AND JELLY

Spread peanut butter on one slice of bread and jelly on the other. A tart jelly like grape or currant gives the best flavor.

## PEANUT BUTTER AND WATERCRESS

Blend  $\frac{1}{4}$  cup peanut butter with 2 tablespoons mayonnaise. Spread on 2 slices of bread. Top each with 4 to 5 sprigs of watercress and then top with bread slice. Makes 2 full-sized sandwiches.

## PEANUT BUTTER AND BACON

Blend  $\frac{1}{2}$  cup peanut butter with  $\frac{1}{4}$  cup cooked minced bacon. Makes 3 full-sized sandwiches.

## PEANUT BUTTER AND TOMATO

Blend  $\frac{1}{4}$  cup of peanut butter with 2 tablespoons mayonnaise. Spread on 2 slices of bread. Top each with tomato slices and then top with bread slice. Makes 2 full-sized sandwiches.

## PEANUT BUTTER AND CREAM CHEESE

Blend  $\frac{1}{2}$  cup peanut butter, one 3-ounce package cream cheese, 2 tablespoons milk and a generous sprinkling of salt. Makes 4 full-sized sandwiches.

Look what he gets in  
a handful of PEANUTS

*More protein than a serving of beefsteak  
More iron than a serving of spinach  
More B Complex vitamins than a serving of oatmeal  
More niacin than 5 slices of enriched bread  
More calories than a big dish of ice cream*





**3 QUICK  
DESSERT TRICKS  
WITH PEANUTS—**





## PEANUT CANDY SUNDAE

Melt any peanut candy in double boiler. Add enough water to make a sauce consistency. Use as sauce for chocolate, coffee, maple or vanilla ice cream.

## PEANUT BRITTLE GRAHAMS

Lay broken pieces of peanut brittle on top of graham crackers. Pop them into the oven until the brittle melts.

## PEANUT BUTTERSCOTCH PUDDING

Following manufacturer's directions, make up butterscotch package pudding. Sprinkle any chopped peanut confection through partially cooled pudding. When served, top with small amount of chopped peanut confection.

Spotlighted for "movie nights," these 4-star desserts are quick-and-easy. You'll make the first show in plenty of time, with no last-minute nervous wear and tear.





For once the thing you like to do  
turns out to be what's good for you!



**PEANUTS**  
are an  
amazing food